

Post-Concussion Return to Activity Protocol

Prior to returning to any athletic activities following a suspected concussion, the athlete must be symptom-free for at least 24 hours before taking the ImpACT test. They must then pass the ImpACT test, be cleared by a physician and have been symptom free for 48 hours before initiating the Post-Concussion Return to Activity program. This program cannot be initiated on the same day the athlete passes the ImpACT test. The athlete can begin this program the day **following** a satisfactory ImpACT test. **Note: The athlete will not be able to return to full competition for a minimum of 7-10 days after becoming symptom free, meaning an athlete who sustains a concussion on a Friday night will not be able to play a game the following Friday.**

If at any time symptoms return, the scheduled activity is stopped. The athlete will then need to rest until symptom free for 48 hours, after which they will return to the stage of the protocol where they had become symptomatic. If symptoms persist, a physician will be consulted.

****Day 1 (symptom free):** 15 minutes light cardiovascular work (bike, Nu-Step and/or treadmill with 1.0 incline) plus 15 repetitions of each of the following Valsalva-type activities: sit-ups, push-ups, body weight squats.

****Day 2 (symptom free):** Day 1 activities plus sport-specific drills (non-contact). The total session should last approximately 45 minutes.

++Day 3 (symptom free): Sport-specific drills and conditioning without contact (attempt full practice session; all team activities with no hitting, contact or body jarring maneuvers).

++Day 4 (symptom free): Return to practice with full participation. Must include full contact for contact and collision sports. The athlete may also return to PE class at this time.

++Day 5 (symptom free): Full return to competition.

** Completed with direct supervision of Athletic Trainer or Physical Therapist

++ Completed at practice site. If the athlete remains symptom-free, they will be instructed to move to the next stage in the protocol after contacting and speaking with the Athletic Trainer or Physical Therapist.

It is the athlete's responsibility to contact the Athletic Trainer or the BRMH Rehab Dept (715-284-1330) on each of Days 3-5 to discuss their status, prior to participating in that day's activity. The athlete will not be cleared to move to the next phase and/or return to full competition unless it is documented that they have contacted and discussed their status with the Athletic Trainer or Physical Therapist.

I have read the above and understand that I will not be cleared to play until I have completed all phases of the return to play protocol.

Athlete signature _____ Date _____

Parent signature _____ Date _____

Please call the Rehab Department at (715) 284-1330 with any questions. Thank you